



City of Port Moody

Report/Recommendation to Council

Date: February 8, 2022
Submitted by: Community Development Department – Policy Planning Division
Subject: Community Health Needs Assessment

Purpose

To present the findings of a scoping analysis on the needs and opportunities for a Community Health Needs Assessment and to present for Council's information a project proposal for a Community Health Needs Assessment.

Recommended Resolution(s)

THAT the report dated February 8, 2022, from the Community Development Department – Policy Planning Division regarding Community Health Needs Assessment be received for information.

Background

During the Council Strategic Plan prioritisation process in 2021, a Community Health Needs Assessment (CHNA) was determined as a priority 2 project. As there is currently no one on staff whose position is designated to conduct this type of work, staff were directed to complete a scoping analysis to clarify vision, scope, budget, and need for a Community Health Needs Assessment for Port Moody and report back to Council.

Discussion

Staff's review included an investigation of completed municipal CHNAs, provincial guidelines on conducting CHNAs, and a high-level review of the outcomes of the *My Health My Community* survey (MHMC), a survey conducted by Fraser Health, Vancouver Coastal Health, and UBC.

Due to varying approaches in conducting CHNAs, examples were gathered from BC, Ontario, and Manitoba. In total, eight completed assessments conducted from 2012 to 2021, and seven guides on conducting CHNAs were reviewed from which the following emerged:

Common Data Types:	Common Data Themes:
<ol style="list-style-type: none"> 1. Census Data, 2. Neighbourhood Demographic Profile, 3. Mixed Community-Based Data, 4. Health Professional Data Reporting, 5. Hospital Data Reporting, 6. Housing Needs, and 7. Determinants of Health. 	<ol style="list-style-type: none"> 1. Population, 2. Physical and Mental Health, 3. Social and Cultural Health, 4. Child Development, 5. Health Behaviours, 6. Gaps in Health Services or in Accessing Health Services, 7. Health Inequalities and inequities, and 8. Socio-Economic Status.

In completing the scoping analysis, it became clear that understanding the health needs and strengths of the people that live within a municipality or health region is an important consideration for effectively planning programs and services that promote healthy living and respond to gaps with a focus on residents of all ages and abilities. Thus, CHNAs are in-depth and complex, and in addition to providing unique community-based insights, can help track health outcomes over time and describe the conditions that contribute to health disparities. Ultimately, the information enables a community-wide establishment of health priorities while facilitating collective action-planning directed at improving community health status and quality of life.

Regional versus Community-Based Assessments

The City of Port Moody is a member of the Fraser Health Region, which is responsible for the delivery of hospital and community-based health services to over 1.9 million people in 20 diverse communities. A regionally coordinated approach to CHNAs provides comparability on health issues within health regions to identify changes and trends across communities with similar health services. In comparison, a community approach provides access to local health data to support planning for policies and programs that will provide the most benefit in response to a single community’s unique needs.

One example of a regional health assessment conducted in our area with significant scope and scale is the *My Health My Community* survey (MHMC). The MHMC is a joint project between Fraser Health, Vancouver Coastal Health, and UBC that assesses health and well-being in communities. Data is collected on general health (mental health, physical health, chronic diseases, etc.); lifestyle (physical activity, fruit and vegetable consumption, drinking alcohol, screen time, etc.); access to services (mental health services, family physicians, etc.); the built environment (active transportation, etc.); and sense of community (social connectedness; sense of belonging, etc.).

Aspects of the MHMC survey could inform a smaller scale local assessment; however, the most recent available Port Moody Community Health Profile is from the 2014 MHMC survey, which may not reflect community changes that have occurred since that time. While a 2020 MHMC survey was planned, it was interrupted by the COVID-19 health emergency, which continues to place considerable pressure on Health Authority staff. Given the outdated nature of the available data, a localized CHNA using both quantitative and qualitative approaches could be

conducted and would provide insight into the experiences, perceptions, and barriers to healthy living for residents of Port Moody.

Conducting a CHNA in Port Moody

During a CHNA, every step possible is taken to ensure the equitable participation of all community members and organizations that wish to take part. The identification of differences in health status among community members and groups leads to the understanding that health inequities are unfair and modifiable because the underlying causes are largely social and economic in nature. The proposed interventions should go beyond health care services and supporting healthy behaviours, to the types of public policies, programs, and services the City chooses. Further, key performance indicators and an evaluative framework are needed to allow the City to track and measure progress over time.

Below is a summary of recommended data fields in considering the full scope of social determinants of health and health inequalities¹ in the City of Port Moody:

- Housing types required to meet current and emerging community needs;
- Access to medical and health services for residents of all ages and abilities;
- Local services and access to amenities for residents of all ages and abilities;
- Social supports and coping mechanisms available;
- Services accessed within and outside the city by residents;
- Built community, including land use patterns and transportation/park infrastructure, and accessibility for residents of all ages and abilities;
- Lifelong healthy and active living;
- Services that are compatible with developmental stage, age, gender, culture, religion, and other dimensions of self; and
- Government and community member preparedness to address natural disasters and other emergencies.

Budget Considerations

Estimates provided by consulting teams in our area resulted in a median value of \$67,500 and a range of \$30,000 - \$75,000 to complete a community level CNHA; however, only the estimate at the upper end of the scale included an evaluative framework for long-range monitoring. Assessments completed in other municipalities with available budget information (and of which include evaluative frameworks) ranged from \$67,500 - \$140,000, with a median value of \$95,800. Based on population size and project scope, the budget associated with the municipality closest aligned to Port Moody was \$80,000. Thus, staff recommend a budget of \$80,000 should Council choose to proceed with a CHNA. A project proposal associated with this budget can be viewed in **Attachment 1**.

Other Considerations

Staff have completed and initiated several key community-based studies that can help partially inform several of the thematic areas a CHNA would aim to address in-depth. Each study involved a combination of interviews, focus groups, committee feedback, public surveys, and available industry-specific and demographic data. Projects completed, in-progress, and those

¹ Urban Systems, personal correspondence, September 2021.

being initiated in 2022 are listed below. A summary of these studies and the corresponding CHNA thematic areas can be found in **Attachment 2**.

Completed:

- Age-Friendly Assessment and Action Plan 2020-2030
- Port Moody Child Care Action Plan
- Housing Needs Report
- Tri-Cities Region Food Security Action Plan
- Parks and Recreation Master Plan
- Art in Public Spaces
- Westhill Childcare Grant/Study

In progress:

- Truth and Reconciliation Understanding and Engagement Phase One
- Inclusionary Zoning Policy
- Policy for Family Friendly Units
- Age Friendly Recreation Study
- Accessibility Guidelines for Laneway Homes
- Extreme Weather Response Plan
- Housing Action Plan
- Climate Ready Homes and Buildings Plan
- Low Carbon Resilience Policy
- Economic Development Master Plan
- Urban Forest Management Strategy
- Parkland Acquisition Strategy
- Physical Literacy Program
- Promoting Social Connectedness
- Community Wildfire Protection Plan Update
- Disaster Response Plan Update
- Master Transportation Plan Update

To be initiated in 2022:

- Coastal Flood Management Strategy
- Trail Network Plan
- Zero Emissions Mobility Strategy
- Rocky Point Park Master Plan Update
- Old Orchard Park Master Plan

As new projects or initiatives emerge, documents such as the master plans and reports listed above are compared to allow staff to identify complementary enriching data, rather than restricting each dataset to the division or project it was originally intended to inform. This use of City reports strengthens the application of data and extends the value of report findings. It additionally helps mitigate unnecessary repetition of research efforts, which can lead to research fatigue and reduced participation in research efforts. Additionally, staff conduct ongoing reviews of master plans and strategies to identify areas for continued improvement, thereby compounding the positive change they produce.

When deciding whether or not to conduct a CHNA, consideration should be given to the impacts of the COVID-19 pandemic on lifestyle, access to services, social connectedness, and physical health and well-being, which could influence responses to research inquiries and impact the long-term applicability of the data, failing to produce a reliable baseline for future evaluation. Furthermore, COVID-19 restrictions could negatively impact equitable participation in a CHNA, which seeks involvement of those experiencing health challenges and inequitable access to health care across all ages and abilities. The same restrictions could affect the City's ability to implement findings in a complete and meaningful way. Additionally, staff do not yet have access to the most recent Census data, which is being released incrementally, and will not be fully available until November 30, 2022. The delay in accessing this data will prevent consideration of Port Moody's current demographic profile, immigration and linguistic data, and education and labour force data, which are critical points of inquiry when conducting a CHNA. For these reasons, staff do not recommend initiating a CHNA at this time. Staff recommend revisiting the need for a Community Health Needs Assessment project in early 2023.

Other Option

THAT the project proposal for a Community Health Needs Assessment be endorsed and that funding of up to \$80,000 be approved and forwarded to the Finance Committee for identification of a funding source.

Financial Implications

There are no financial implications associated with the receipt of this report for information.

Communications and Civic Engagement Initiatives

No external communication and civic engagement initiatives are required at this time.

Council Strategic Plan Objectives

Consideration of a Community Health Needs Assessment aligns with the Council Strategic Plan 2019-2022 objective of Healthy City which involves the creation of a safe, friendly, and inclusive community that encourages healthy, active living for people of all ages and abilities.

Attachment(s)

1. Project Proposal for a Community Health Needs Assessment.
2. Table of Projects and Alignment with CHNA Themes.

Report Author

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Report Approval Details

Document Title:	Community Health Needs Assessment Scoping Report.docx
Attachments:	- Attachment 1 - Project Proposal for a Community Health Needs Assessment.pdf - Attachment 2 - Table of Projects and Alignment with CHNA Themes.pdf
Final Approval Date:	Feb 28, 2022

This report and all of its attachments were approved and signed as outlined below:

Mary De Paoli, Manager of Policy Planning - Feb 23, 2022 - 5:12 PM

Kate Zanon, General Manager of Community Development - Feb 24, 2022 - 9:13 AM

Rosemary Lodge, Manager of Communications and Engagement - Feb 24, 2022 - 3:27 PM

Paul Rockwood, General Manager of Finance and Technology - Feb 24, 2022 - 4:21 PM

Tim Savoie, City Manager - Feb 28, 2022 - 1:42 PM